

CACFP Meals for Adults in Care

Iowa Child and Adult Care Food Program
(Post where meals are prepared and served.)



Revised 1/09

Food Components The adult may decline some items in "offer versus serve" meals.	Breakfast¹ The adult may decline 1 of 4 items	Lunch² The adult may decline 2 of 6 items	Supper³ The adult may decline 2 of 5 items	Snack⁴ The adult must be served 2 components
Milk Milk, fluid or Yogurt, plain or sweetened and flavored	(one serving is) 1 cup	(one serving is) 1 cup	(none)	(one serving is) 1 cup
Vegetables and/or Fruits 2 Vegetable(s) and/or Fruit(s) or Vegetable or fruit juice or an equivalent combination of vegetable(s), fruit(s), and juice.	(one serving is) ½ cup ½ cup	(two servings are) 1 cup total	(two servings are) 1 cup total	(one serving is) ½ cup ½ cup
Grains/Breads Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal or Cooked cereal or Cooked pasta or noodle product or Cooked cereal grains or an equivalent quantity or any combination of bread/bread alternate.	(two servings are) 2 slices 2 servings 1½ cups or 2 oz. 1 cup 1 cup 1 cup	(two servings are) 2 slices 2 servings 1 cup 1 cup 1 cup	(two servings are) 2 slices 2 servings 1 cup 1 cup 1 cup	(one serving is) 1 slice 1 serving ¾ cup or 1 oz. ½ cup ½ cup ½ cup
Meat/Meat Alternates Lean meat or poultry or fish or Cheese or Eggs or Cooked dry beans or split peas or Peanut butter or soynut butter or other nut or seed butters or Peanuts or soynuts or tree nuts or seeds (may meet up to ½ of the requirement for lunch or supper) or Yogurt, plain or sweetened and flavored ⁵ or An equivalent quantity of any combination of the above meat/meat alternates.	(none required)	(one serving is) 2 oz. 2 oz. 1 egg ½ cup 4 Tbsp. 1 oz. 8 oz. or 1 cup	(one serving is) 2 oz. 2 oz. 1 egg ½ cup 4 Tbsp. 1 oz. 8 oz. or 1 cup	(one serving is) 1 oz. 1 oz. ½ egg ¼ cup 2 Tbsp. 1 oz. 4 oz. or ½ cup

OFFER VS SERVE allows the Adult Day Care Center the option of serving less than all required components when declined **by enrolled adults** as follows:

¹ **One of the four** food items (one serving of milk, one serving of vegetable and/or fruit, and two servings of bread or bread alternate) required at breakfast;

² **Two of the six** food items (one serving of milk, two servings of vegetable and/or fruit, two servings of bread or bread alternate, and one serving of meat or meat alternate) required at lunch;

³ **Two of the five** food items (two servings of vegetables, and/or fruit, two servings of bread or bread alternate, and one serving of meat or meat alternate) required at supper;

⁴ Choose two of four possible components.

⁵ Yogurt may be plain, flavored, unsweetened or sweetened.

NOTE: The price of a reimbursable meal shall not be affected if an adult participant declines a food item.